You Can Prevent Vision Loss

2/3 of American adults falsely believe vision loss is inevitable as you age.

Top 5 Ways to Protect Your Vision as you age

You may still need reading glasses as you age, but these measures can help prevent sight-threatening eye disease.

- **Eat a healthy diet**, including leafy greens such as spinach or kale, and maintain a healthy weight.
- **Wear sunglasses** that block out 99% to 100% of UVA UVB rays.
- **Quit smoking** or don’t start.
- **Get regular eye exams**.
- **Know your family’s eye health history**.

See an Ophthalmologist

Ophthalmologists are medical and surgical doctors trained to recognize and treat all threats to your vision.

**Healthy Adults**
- **Age 40**: get a comprehensive eye exam
- **Age 65 and older**: every year or two

**Adults with Risk Factors**
- People with diabetes: dilated eye exam every year
- African Americans 40 and older: dilated eye exam every 2 years
- People with a family history of glaucoma: dilated eye exam every 2 years

For ophthalmologist-reviewed information about eye diseases and treatments, eye health news, and tools to locate an ophthalmologist, visit:

aa.org/eyesmart

Based on a survey conducted by The Harris Poll and the American Academy of Ophthalmology.